

# Food Chart – Children

		Age 1 through 2	Age 3 through 5	Age 6 through 12
<b>Breakfast</b>	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Grains/Bread	½ slice	½ slice	1 slice
<b>Snack</b> Serve 2 of 4 components.	Fluid Milk	½ cup	½ cup	1 cup
	Juice or Fruit or Vegetable <sup>1</sup>	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Grains/Bread	½ slice	½ slice	1 slice
<b>Lunch or Supper</b>	Fluid Milk	½ cup	¾ cup	1 cup
	Meat, Poultry, Fish, Cheese, or Egg, or	1 ounce	1 ½ ounces	2 ounces
	Cooked Dry Beans, Peas, or Peanut Butter	1	1	1
		¼ cup	3/8 cup	½ cup
		2 Tbsp.	3 Tbsp.	4 Tbsp.
	Vegetables and/or Fruits (must serve at least two different varieties <sup>2</sup> )	¼ cup total	½ cup total	¾ cup total
	Grains/Bread	½ slice	½ slice	1 slice

<sup>1</sup>Juice may not be served if milk is the only other component at snack.

<sup>2</sup>A minimum of 1/8 cup of each must be served.

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